



4 - Turtle Rescue



8 - It's Showtime!

Brief Notes

Nimitz Park re-paving work is complete, and the park will reopen to traffic on Monday, March 21. Paving in February and March will be performed on the **Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.**

This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information.

NMCRS Car Sale

March 18, 19 and 20 at the Branch Health Clinic parking lot. As many as 30 quality used vehicles with short term payment plans available.

University of Phoenix

The University of Phoenix has extended registration for the Masters in Management program until April 27. Don't miss this opportunity! Contact Kim Arthur at 252-3044.

USO Notes

Sasebo Stitching Group meets Friday at 6:30 p.m. at Nimitz Park.

USO is seeking a **volunteer translator** to assist with the English outreach to Gion Elementary School. Please contact Courtney at 090-8914-8378.

The **Scrapbook group** meets April 4 from 10 a.m.-2 p.m. and 5:30-9 p.m.

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592 or DJ Stanhope at 090-3012-5867.

Movie night will be held at the Fleet Landing USO Wednesday, March 23 at 7:30 p.m. Free popcorn and drinks will be served. Call 252-3866 for more information.

The USO is looking for volunteers Monday-Friday from 10 a.m.-5:45 p.m. Call 252-3866 for more information.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

DUI Counter:
89 days as of March 17

Drills prepare CFAS for disasters

JOSN Jeff Johnstone

CFAS Public Affairs

On Friday, March 11 and Monday, March 14, Fleet Activities Sasebo (CFAS) performed Disaster Preparedness Drills to fine tune readiness and efficiency between base agencies. Branch Health Clinic (BHC) Sasebo, CFAS Security, the CFAS Safety Department and the Commander, Naval Forces Japan (CNFJ) Regional Fire Department, Sasebo, worked together in a variety of disaster readiness drills.

The drills were a true test for CFAS, as they prepared for what to do in the unfortunate event of an earthquake.

According to Gerald C. Clark, Assistant Fire Chief, the first drill, held Friday morning, centered on a gas leak caused by an earthquake.

"In the first drill, an earthquake hit Sasebo, creating a gas leak in the Tategami Peninsula area," said Clark. "Firefighters approached the scene, assessed the hazards and determined if a rescue was needed. They suppressed the gas vapors and shut the leak down," said Clark.

A second earthquake drill provided the task of rescuing victims after a building collapse at E.J. King High School. Debris pinned down some victims, and the fire department's job was to rescue them.

"There were four victims total," said Thomas Epperson, fire department drillmaster.

Two were played by people who escaped the debris, and the two trapped in the debris were dummies, said Epperson.



CNFJ Regional firefighters are quick to respond when needed. Here, they strap an 'injured' Sailor onto a stretcher. The Sailor played the role of an injured victim during an earthquake drill Friday, March 11 at E.J. King High School. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

The two survivors were helped off the scene by firefighters and then treated by BHC personnel. The firefighters then set their sights on the trapped victims.

"This drill presented more of a challenge," said Clark. "The firefighters performed the rescue, Public Works handled utilities and utility hazards, BHC treated the victims and got them ready for transport, the Safety department ensured all safety measures were observed and Security maintained on-site security and kept people out of hazardous areas."

Monday's drill featured a gas leak and an explosion at Akasaki Bay caused by an earthquake. This scenario caused

casualties and injuries.

"We had to respond, rescue victims and prevent others from getting hurt," said Clark. "It was another opportunity for everyone involved to operate together."

According to Clark, the drills were a good team effort.

"The drills ensure we can all work together, even during hazardous situations, and defines success and failure in the event of a large scale emergency," said Clark. "This was a successful operation, with everyone working together towards a common goal. This validates that our training has been invaluable, and has prepared us properly in the event of a real disaster."

Seabees complete new ordnance pre-engineered building

Lt. Preston Taylor

Naval Mobile Construction Battalion 40

The Seabees of Naval Mobile Construction Battalion (NMCB) 40 Detail Sasebo have completed a new ordnance Pre-Engineered Building (PEB) at the Hario-Shima Ordnance Depot.

The Hario-Shima Ordnance PEB was finished Feb. 9, one month ahead of schedule and the first of four projects to be completed here at Fleet Activities Sasebo (CFAS). The project was led by Builder Second Class Rueben Bustamante and Equipment Operator Second Class (Seabee Combat Warfare) Nefthali Perez. The other crewmembers were Utilitiesman Third Class (SCW) Shaun Collins, Utilitiesman Third Class (SCW) James Leinin, Construction Electrician Third Class (SCW) Aatzin Marcado-Jaimie, and Construction Electrician Apprentice Justin Vonderheide.

These six highly-motivated Seabees took great pride in their accomplishments and learned a great deal from the

experience. Several of the crew, working out of rate, had never worked on a PEB before.

Before NMCB 40's arrival to Sasebo, the Seabees of NMCB Det. 133 had already set the foundation and started to erect the rigid frame of the building. NMCB 40's crew completed the rigid frame erection and then installed the roof, roof vents, side sheeting, doors and concrete ramps. Though Seabees are trained in a specific rate, they often have to learn how to work in all of the Seabee rates because of limited personnel on a detail.

Seabees are known worldwide for their "Can Do" attitude and willingness to get the job done, no matter what, and this crew was certainly no different. One of their mottos is: "The difficult they do at



Seabees from Naval Mobile Construction Battalion Detail 40 place concrete for a vehicle ramp at the new Hario Shima Ordnance pre-engineered building at the Hario-Shima Ordnance Depot. (Released by CFAS Public Affairs)

once, the impossible takes just a bit longer."

NMCB 40 Detail Sasebo, homeported in Port Hueneme, Calif., are at the half-way point in their 6 - month deployment.

Take Operational Risk Management home with you

FLTCM(AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief

When was the last time you applied the principles of Operational Risk Management (ORM) to changing your oil? How about mowing the lawn? What about taking a trip?

While you may think ORM is for Navy work only, I think you will find that ORM, if applied correctly, can make you and your family safer in almost everything you do.

Off-duty mishaps are devastating to our operational readiness. I always shake my head when I read how mishaps occur. Often the reason is a complete disregard for simple safety tips, or overextending one's personal capabilities. My point is almost all off-duty mishaps are completely preventable.

Since October 2004, the Navy has lost 45 Sailors from mishaps, and hundreds more have been hurt. As a matter of fact, 31 of these Sailors died in motor vehicle accidents. It's no wonder the Naval Safety Center calls traffic safety their "number

one readiness issue." Oh, and as an interesting statistic, motor vehicle crashes are the leading cause of death for ages 5-29 years old. Given the majority of our Sailors are in the 18-29-year-old range, I'm absolutely sure we can do a better job of mitigating accidents and deaths on our roads and highways.

Applying ORM might just be the key. Operational Risk Management is the process of dealing with risk associated with an activity that includes risk assessment, risk decision-making and implementation of effective risk controls. Essentially, applying ORM means you identify hazards, assess the hazards, make risk decisions, implement controls, and then supervise the activity. Sound simple? It is. The difficult part is actually applying these steps. Most mishaps occur for one of five reasons:

Individual Failure - You are trained and know how something works, but elect not to follow the standard (self-discipline).

Support Failure - The equipment or material you use is not designed for the job.

Leader Failure - The supervisor(s) do not enforce the known standard.

Training Failure - You attempt something

you are not trained for (insufficient, incorrect, or no training on task).

Standards Failure - The procedures for a task are not clear or practical, or in some cases, do not exist.

Shipmates, I suspect at one time or another we've all cut corners, disregarded safety precautions, pushed ourselves beyond our limits and tempted fate. The problem is, the law of averages is against us. Just because you can rewire a light without turning off the power once doesn't mean you can do it over and over. Eventually fate catches all of us and the result can be fatal.

I guess I have to ask, "What activity, project or trip in your life warrants risking your personal safety, or the

safety of your family?" I'm guessing most of you would agree that almost nothing would warrant such a risk, and I would agree with you. However, think back in your own life. How many times have you unnecessarily put yourself and/or your family in harm's way?

Here's what I'm talking about: When was the last time you took a trip and drove hundreds and hundreds of miles without proper rest? How many times have you used machinery without wearing ear and

eye protection? How many times have you used chemicals without gloves and goggles? Ever fix something with the wrong tool? You get the point. In our daily lives, we encounter situations each day that dictate us to ask a couple simple questions about the risks associated with what we are about to do. Unfortunately, we often don't assess those risks, or minimize them by telling ourselves, "Nothing will happen to me." Of the 45 Sailors who have lost their lives in mishaps this fiscal year, I wonder how many of them said the same thing?

The Navy directs us to apply ORM in our professional lives. Operational readiness demands it and the safety of our people makes this a top issue for every command. If the Navy takes this so seriously, and incorporates it into our workplace, it only makes sense we should carry it home with us. There's nothing childish or silly about asking oneself the simple risk questions before starting a project or making a trip. If risk is involved, you owe it to yourself, your family and the Navy to evaluate how you will deal with the risk.

My suspicion is if you think about the risks, you'll deal with them. Ignoring risks will not make them go away. My challenge to all of you is to take the principles of ORM home with you, discuss them often with your family and apply those principles as often as necessary. For those of you with children, where do you think they will learn proper safety? Yep, they watch (and imitate) you. Skip steps today and they will skip steps tomorrow. Good luck Shipmates and stay safe!



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Benefits offset exchange rates at overseas military banks

American Forces Press Service

Military members overseas will not suffer from higher currency exchange rates at military banks, officials said, because allowances increase to offset the higher rate.

Defense Finance and Accounting Service (DFAS) officials note that overseas military members and other customers of the Community Bank have asked why the foreign exchange rate at these banks differs from that at other banks on the local economy or other published exchange rates.

The exchange rate at the Community Bank branch, known as the Community Bank Accommodation Rate, differs because the Community Bank charges a 2.5 percent commission fee to defray costs, officials said. Costs incurred include currency acquisition and delivery to bank customers. However, to offset this out-of-pocket cost for overseas military members, the Overseas Housing Allowance and Cost of Living Allowance (COLA) are increased an equal amount. DFAS operates Community Banks overseas through a competitive solicitation process and award of a contract to a stateside financial institution. The current contractor is Bank of

America. Banking products, services, fees and charges are determined by the military departments. All revenues received from fees and charges are used to offset the cost of the banking program.

Community Banks are not in competition with local foreign banks, but are established to support the U.S. dollar economy on bases overseas and to provide stateside-like banking services to individuals and organizations, DFAS officials said.

The Community Bank Accommodation Rate is used to compute overseas station allowances for military personnel in Germany, Italy, Spain, Portugal, Greece, United Kingdom, Ireland, Netherlands, Belgium, Luxembourg, Finland, France, Austria, Japan, Okinawa and Korea. The Per Diem, Travel and Transportation Allowance Committee compares the accommodation rate to the exchange rate used in the pay systems. When the accumulated difference is five percent, the committee resets the pay system exchange rate. This ensures the pay systems rate is as close to the actual bank rate over time as possible.

Servicemembers residing on the economy in these countries have their rent and utilities recorded in the military pay system in the local currency of the

country. When DFAS computes monthly payroll, the amount of allowable rent and utilities is converted to dollars at the latest pay system exchange rate. Since the pay system rate is based on the Community Bank Accommodation Rates, the member in effect receives enough dollars to buy the local currency from the bank needed to pay rent and utilities. The net effect on the individual's pay is zero, officials explained.

When annual surveys are conducted for the value of goods and services in foreign locations, prices are collected in local currency and the currency exchange rate at the time is identified. That exchange rate is the Community Bank Accommodation Rate. Since the pay systems rates are based on accommodation rates, the members receive enough dollars in COLA to offset the lower exchange rate at the Community Bank. This formula ensures members receive enough dollars in COLA to buy the amount of local currency that represents the same level of spending documented in the latest annual surveys. In effect, the 2.5 percent accommodation fee is included in the member's COLA entitlement. For more information about COLA, contact PSD at 252-3475.

FFSC’s guide for spouses of returning servicemembers

Released by Fleet and Family Support Center

Part one of a two-part story

As a spouse or child of an active, Guard or reserve service member, who is just coming home or is arriving soon, you are probably both excited and nervous about the homecoming. Even if you have been through a mobilization/deployment before, this one has been different because of the increased stressors of the time. Regardless of your experience and service member’s assignment, you will have a period of natural adjustment. You may find this tip sheet helpful in ensuring a successful homecoming and readjustment.

What to expect when the servicemember comes home:

You have become more confident and independent and your spouse has changed too. Expect things to be different.

It is normal to feel nervous and anxious about the homecoming. You may wonder whether your spouse will: “Like the way I look?” “Like what I’ve done with the house?” “Be proud of me for how I’ve handled things?” “Still needs me?” “Still loves me?”

Plan for homecoming day.

After homecoming, make an agreement with your spouse on the schedule for the next few days or weeks. Where do the children, parents, extended family members, or friends fit in?

Realize the day of homecoming is very stressful. You and your spouse may not have slept much and may be worn out from preparations and anticipation.

Take time to get used to each other again. Re-establishing sexual intimacy will take patience, time, and good

communications—some people need to be courted again.

Communicate!

Tell your spouse how you feel – nervous? scared? happy? Tell them that you love and missed them. Listen to your spouse in return. The best way to get through the re-acquaintance jitters, regain your closeness, and renegotiate your roles in the family is by talking and actively listening to each other.

You’ve both become used to doing what you wanted to do during personal time. Feeling that you need some space is normal.

Your fantasies and expectations about how life will be upon return may be just that, fantasies. Be prepared to be flexible.

You and/or your spouse may be facing a change in job assignment or a move. Readjustment and job transition cause stress. This may be especially true for demobilizing Guard/Reservists who are transitioning back to civilian life.

Be calm and assertive, not defensive, when discussing decisions you have made, new family activities and customs, or methods you have implemented for disciplining the children. Your spouse may need to hear how it wasn’t the same for you, doing these things alone, and that you’re glad he/she’s back, and that you’d like to discuss problems and criticisms calmly.

Reassure your spouse that they are needed, even though you’ve coped during the deployment. Talk about keeping some of the independence you’ve developed. It’s best not to “dump” all the chores or only the ones you dislike back on your spouse. Try not to be critical or defensive when the returning spouse attempts to resume authority in some areas you may feel strongly

about. Sit down and discuss your willingness to take on that area of family responsibility.

Your spouse may have seen or experienced some things that were very upsetting. Some normal reactions to these stressful situations are fear, nervousness, irritability, fatigue, sleep disturbances, startle reactions, moodiness, trouble concentrating, feelings of numbness, and frequent thoughts of the event. Talking with others and/or counselors trained in crisis stress reactions is very important.

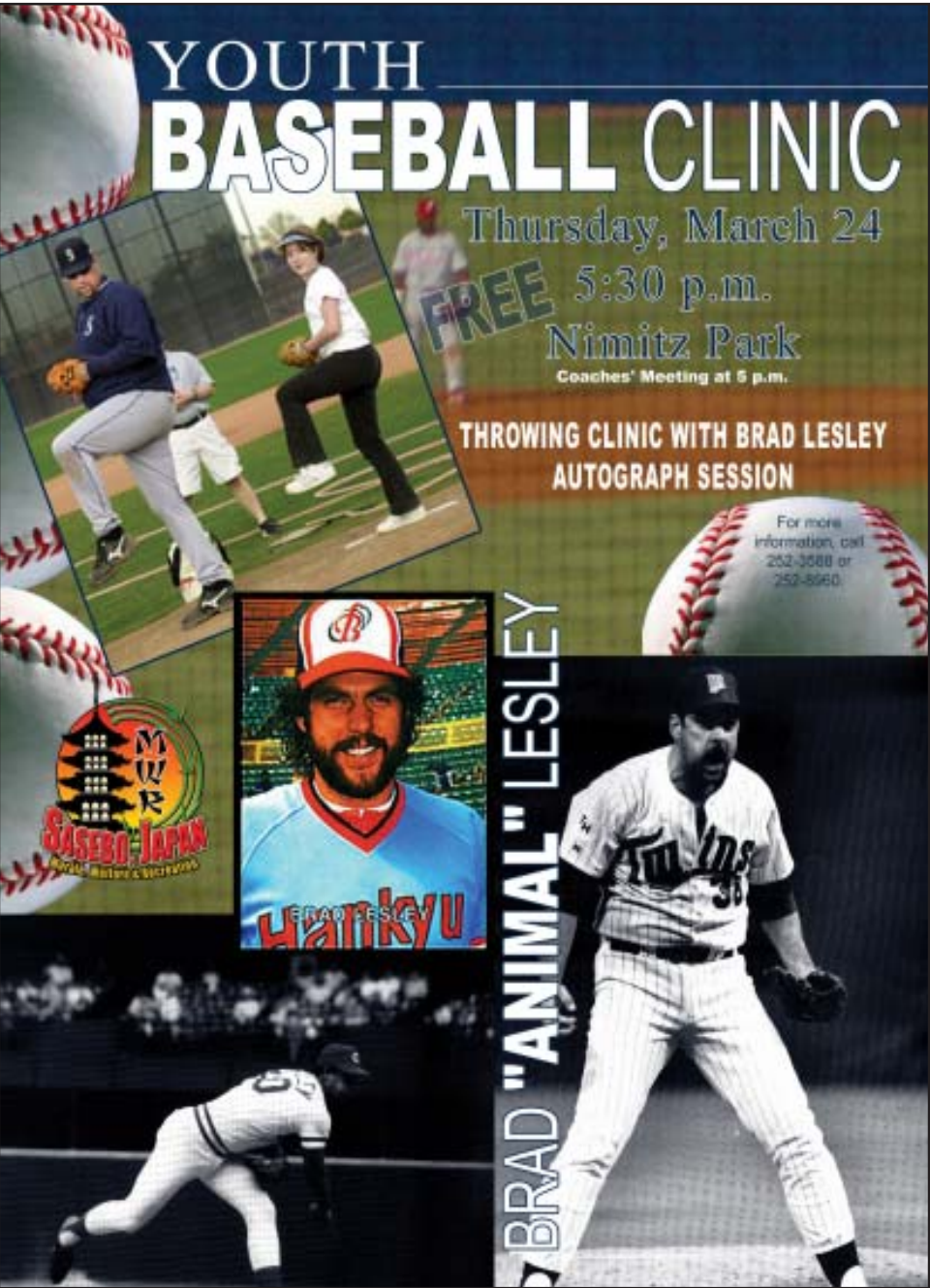
Resist the temptation to go on a spending spree to celebrate the reunion. The extra money saved during deployment may be needed later for unexpected household expenses. Stick to your household budget. Show you care through your time and effort and not through extravagant and unnecessary purchases.

What to expect from your children:

Children may be feeling the same confusing things you and your spouse feel—worry, fear, stress, happiness, and excitement. Depending on their age, they may not understand how your spouse could leave them if he/she really loved them.

They may be unsure of what to expect from your spouse. They may feel uncomfortable or think of him/her as a stranger. It’s hard for children to control their excitement. Let them give and get the attention they need from the returning parent before you try to have quiet time alone with your spouse.

To catch part two of this story, and learn more valuable tips for your upcoming reunion, please read its continuation in the March 26 edition of Sasebo Soundings.



Fort Mac spouses host porcelain history lecture

JO3 Sarah Mellen
AFN Sasebo

Sunday, March 13 saw the eyes of many beholding the beauty of the exquisite styling of Gen-emon porcelain.

USS Fort McHenry (LSD 43) spouses hosted a lecture on the history of Japanese porcelain and invited Shouji Kaneko, CEO and chief designer of the Gen-emon Corporation, to talk about his family’s role in the tradition of Japanese porcelain. Kaneko arrived with his two assistants, Yukio Matsuo and Ken’ichirou Nishiyama. They explained that in keeping with the tradition of the highest quality, each piece of Gen-emon is hand-crafted and hand-painted; furthermore, all firings are wood firings of red pine in the Gen-emon kiln.

Keneko’s father conducted the last Gen-emon lecture 20 years ago at the Harbor View Club. The kiln has a tradition of excellence and customer service that begins on the gallery sales floor.

“I enjoy telling the history of Gen-emon to customers who come from all over the world to see our porcelain,” said Nishiyama, head salesman. “I explain to them the process of making porcelain and many people who come in don’t realize how much works goes into making Gen-emon porcelain. I enjoy talking to customers because then they have a real appreciation for the porcelain and

understand the quality of the pieces that they buy.”

Gen-emon employs about 160 artisans; 100 potters and 60 painters who produce about 15,000 perfected pieces of the highest quality, per month. Kaneko further explained that wood firings take 80 hours to complete and that such a process makes the porcelain stronger than gas firings.

Gen-emon is generally known for its rich and vibrant colors and unique designs. Kaneko’s father is responsible for the look of Gen-emon today, inspired by his travels and personal philosophy: “To understand the present, one must understand the past.” Kaneko, who is now the kiln’s chief designer, strives to continue keeping the inspiration of human experience and understanding reflected in Gen-emon designs, and he does so with all the grace, elegance, quality, and beauty of the revered tradition of Japanese porcelain.

The Gen-emon kiln and gallery is open to anyone who wants to learn about its porcelain or who simply has an appreciation for beauty. “We welcome everyone to Gen-emon. We have beautiful gardens, beautiful grounds, a beautiful gallery and most importantly, beautiful porcelain,” said Kaneko.

Please see **Porcelain**, Pg. 6

Essex Sailors rescue giant sea turtles

JOC(SW/AW) Christina Johnson
USS Essex (LHD 2) Public Affairs

While transiting the South Arabian Gulf on March 10, the Officer of the Deck on board USS Essex (LHD 2) spotted three large sea turtles caught in a fisherman’s net, struggling to escape. Essex crewmembers launched an unusual rescue operation using search and rescue (SAR) skills that few Sailors expect will be called upon to save creatures of the ocean.

Essex Commanding Officer, Capt. Martin J. Keaney, took immediate action to help the turtles. “It was an unusual report - sighting sea turtles that needed to be rescued - but we had the ability to assist and we did,” said Keaney.

The ship’s Rigid Hull Inflatable Boat (RHIB) was put in the water with Boat Officer Chief Boatswain’s Mate (Surface Warfare) Eric Randall, Coxswain Boatswain’s Mate Second Class (Surface Warfare/Air Warfare) Patrick Monahan, Boat Engineer Engineman Third Class (Surface Warfare) Austin Brittain, Boatswain’s Mate Third Class (Surface Warfare/Air Warfare) Kathleen Devey on Bow Hook and SAR swimmers Yeoman Seaman Brandon Javellana and Gunner’s Mate Third

Class (Surface Warfare) Ross Melone.

According to Randall, it was SAR swimmers that did most of the work freeing the turtles. “Chief Randall used the boat hook to pull the turtles to the side of the boat, and Petty Officer Melone and I cut the net away from their necks and then from their bodies with our SAR knives,” said Javellana. “There were three turtles and one was injured pretty badly by what looked like a shark bite on the left part of it’s shell,” Javellana stated. “It felt good to help the Honu and to see them swim away. Being that I’m from Hawaii, I have a love of the ocean and everything in it,” he added.

Getting tangled up in fishermen’s nets, and ultimately drowning, is the number one cause of death for sea turtles according to the World Wildlife Fund website.

“The Navy takes stewardship of the seas very seriously,” added Keaney. “Whether keeping plastics from the sea or assisting sea creatures in distress, we are trying to do things right,” he said.

Essex is transiting the South Arabian Gulf heading home following the backload of 31st Marine Expeditionary Unit (MEU) personnel upon their completion of combat operations in Iraq. Essex is the Navy’s only forward-deployed Amphibious Assault ship



A USS Essex (LHD 2) Search and Rescue swimmer, uses an SAR knife to free one of three giant sea turtles trapped in a fisherman’s net off the South Arabian Gulf. (Official U.S. Navy Photo by GM3 (SW) Austin Brittain)

out of Sasebo, Japan, and the flagship for Amphibious Squadron ELEVEN (PHIBRON 11) Amphibious Ready Group.

Stay aware of electronic fraud

J01 Eric Brown
Commander, U.S. Naval Forces Europe/U.S. 6th Fleet Public Affairs

The Navy Legal Service Office, Europe and Southwest Asia, is reminding Sailors of the dangers of identity theft.

Mail fraud and e-mail fraud are two forms of identity theft that service members can easily protect themselves against.

“Identity theft is the stealing of one’s personal information to obtain goods or services.”

-Lt. Cmdr. Pon Peppetti
Civil Law Department Head, Navy Legal Service Office, Europe/Southwest Asia

“E-mail fraud and mail fraud are mechanisms or ways by which one obtains the information to commit identity theft,” explained Lt. Cmdr. Jon Peppetti, the civil law department head of the Navy Legal Service Office, Europe and Southwest Asia. “Identity theft is the stealing of one’s personal information to obtain goods and services. In simplest terms, it is another person assuming your identity.”

The two most common types of e-mail scams involve either a fictitious lottery (where the target is asked to provide financial information in order to collect the prize), or the “Nigerian e-mail scam.” The premise of this fraud is the death of a wealthy person, often in Africa.

“Usually, they claim that the person died and is worth several million dollars, but there is no way the money can be cleared into regular bank accounts without using your bank account,” said Lt. Cmdr. Jennifer Blazewick, assistant force judge advocate of Commander,

U.S. Naval Forces Europe/Commander, U.S. 6th Fleet. “That is how they get your bank account number, and then they go into your bank account to steal.”

“Phishing” is another new form of electronic theft. It does not involve e-mail, but Sailors should still be aware of it, Blazewick and Peppetti stressed.

“‘Phishing’ is really high-tech, and it is done a lot through pop-ups,” Blazewick said. “When you go to your regular bank

account Web site, [sometimes] a pop-up will come up, and it looks like it is from your bank; it looks very official. It will ask for personal information, such as your mother’s maiden name, or your bank

account number, in order to ‘verify’ your account information. The perpetrators have gotten very good at disguising their pop-ups, so they look like they are part of the real Web site.”

Any unsolicited mail or e-mail that asks for personal or financial information should be considered suspicious, Blazewick said.

“You really shouldn’t be putting out personal information over the Internet - anything that asks for your social security number, your credit card number, your bank account number, your mother’s maiden name, and other personal information like that,” Blazewick said.

“The most important thing you can do to prevent identity theft is to order a copy of your credit report at least once a year,” she added. “Make sure all the addresses on there match. Frequently, identity thieves will open up separate credit card accounts, and then have your bills mailed to a separate address, and you’ll never know about it until you try to make a major purchase, like a car or a house, and you

Forward deployed minesweepers leaving long wake of successes

EMC(SW) Noel B. Corneja
USS Patriot (MCM 7) Public Affairs

Both USS Patriot (MCM 7) and her sister ship, USS Guardian (MCM 5), achieved the lowest magnetic signatures of the U.S. Navy’s Avenger-class Minesweepers during the semi-annual Forward Area Combined Degaussing and Acoustic Range (FACDAR) at Akasaki Fuel Depot’s Magnetic Ranging Facility in Sasebo, Japan March 10.

The FACDAR is a transportable range providing the capability to measure and analyze the magnetic and acoustic signatures of forward deployed ships, allowing for precise degaussing adjustments for the geographical area as well as collection and processing of acoustic data.

Fluctuations in the Earth’s magnetic field activate many of today’s mines. The lower the magnetic signature a ship radiates, the probability of activating a mine decreases and the

capability of safely neutralizing the mine increases.

Patriot and Guardian helped lower their magnetic signatures by successfully minimizing their magnetic presence through a “magnetic offload.” During a magnetic offload, the crew removes non-essential equipment that amplifies the magnetic signature of the ship. The ship then remeasures its magnetic signature to ensure the reduced levels are within safe operational requirements.

The FACDAR came after both crews received above average marks in the arduous and congressionally mandated Board of Inspection and Survey Assessment (INSURV) and the highly successful MINEX-EODEX 2005 off the coast of Shimonoseki, Japan.

Patriot and Guardian are the only forward-deployed mine-countermeasures ships in the Pacific Fleet and operate out of Sasebo, Japan.

find out that your credit is wrecked.”

Peppetti also offered a few tips.

“If you are the victim of identity theft, contact the fraud departments of the three major credit bureaus and request that a fraud alert be placed in your file,” he advised. “Order copies of your credit report and review them thoroughly, file a report with your local police, or the police in the community where the identity theft took place, and be persistent. You can also contact the creditors themselves and find out if any accounts have been tampered with or opened fraudulently. Close out those accounts and reopen them with new PIN numbers.”

Peppetti added that the best way to avoid becoming a victim of mail and e-mail fraud is simply by not responding to suspicious inquiries – delete them or throw them away.

The three major credit reporting bureaus may be accessed through their Web sites at <www.equifax.com>, <www.experian.com> and at <www.transunion.com>.

For more information about e-mail fraud, contact Computer Systems Division (CSD) at 252-3325.

There's nothing like being out on the water, paddling along in a kayak feeling the cool ocean breeze in your face. Want to give it a try? Sign up for the Coastal Sea Kayaking Certification Class scheduled for Sunday, March 20 from 10 a.m. to 4 p.m. A Sailing & Outdoor Adventure Center experienced staff member will be on hand to help you have a safe and fun experience. Cost is only \$35 per person. For more information, call 252-3500.

Sign up today for a trip to the Space World Amusement Park in Kitakyushu City, Fukuoka on Sunday, March 20. Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass) is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

Celebrate St. Patrick's Day with Guinness & beef Irish stew, corned beef & cabbage, Sheppard's pie and other dining delights at the Harbor View Club St. Patrick's buffet on Sunday, March 20 at 5 p.m. The regular menu will also be available. Live music by Innisfree is scheduled to begin at 7 p.m. Cost of the buffet dinner and show is only \$10.95 per person. For more information, call 252-3965.

Nationally known comedians Janet Williams and Lahnna Turner perform live on stage at the Harbor View Club on Tuesday, March 22. The free comedy performance will begin at 8 p.m. Recommended for mature audiences only. For more information, call 252-3965.

Travel & Tours has scheduled an 'Adults Only Special' Kyoto City Four-Day Getaway Tour Wednesday through Saturday, March 23-26. Cost is \$100 per person including transportation and all entrance fees (hotel and meals are **not** included). You'll stay at a Holiday Inn hotel for three nights and over the next few days you'll visit the Golden Pavilion (Kinkaku Ji Temple), Nijo Castle, the Heian Shrine, Kiyomizu Temple, To-ji Temple, Sanjyusangen-do Temple, the Tenryuji Temple, Jojakkoji Temple, Sagano Bamboo Grove, Togetsu Bridge and many other exciting places in the area. Be sure to bring yen and dress for the weather. Holiday Inn accepts major credit cards. For more information, call 252-3433.

All members interested in participating in the Open Roster Spring Softball League are reminded that they must register their team on or before Wednesday, March 23 at the Fleet Fitness Center office. League play is scheduled to begin on Monday, March 28. A mandatory coaches meeting will be held on Thursday, March 24 at the Fleet Fitness Center. A \$200 forfeit deposit is required at the time of registration. For more information, call 252-3588.

The Fleet Fitness Center will host a free Youth Baseball Clinic at Nimitz Park on Thursday, March 24 starting at 5:30 p.m. Former pro baseball player Brad 'Animal' Lesley, who briefly pitched for the Minnesota Twins, will be on hand to give a special throwing clinic followed by an autograph session. For more information, call 252-3588 or 252-8960.

The Spare Time Recreation Center has scheduled another popular 3-6-9 Bowling Tournament (18 years or older), on Saturday, March 26 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of three games of bowling, with every third, sixth and ninth frame automatically scored as a strike. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

Betcha didn't know about: **Sasebo neckties**

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Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

ON SALE NOW!

Cine-Pass
available for purchase at:
• Showboat Theater
• Hario Theater
• Travel & Tours Office

For more information,
call 252-2968.

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card can be used to multiple admissions.
4. A child's CINE-PASS (Child/1) by parent or adult's admission.
5. Admissions in future, per seating availability.
6. Any card that has been resold, returned or is deemed illegal will not be accepted.
7. This card has no expiration date.
8. No refunds, credits, transfers, substitutions or states are allowed in the Theater.
9. Not suitable for sale or exchange allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

Wardroom Association, WIC give gifts



A Sasebo community member (left) receives a brand new car seat from the Sasebo Wardroom Association Vice President at the Navy Marine Corps Relief Society office Monday. Nina Huynh (not pictured) received a children's video and a breast pump from the WIC Association Manager. (Released by CFAS Public Affairs)

Safety Corner: Safe grill cleaning

Charles Carr
CFAS Safety Department

As we move into the summer season and you plan your backyard barbecues, the Safety Office reminds you to keep this alert in mind: An individual cleaned the cooking surface of a barbecue grill with a wire brush but did not wipe off after cleaning and did not immediately use the grill. His wife cooked hamburgers on the grill a couple of weeks later. His daughter took one bite of her hamburger and, after swallowing, complained that a chunk of hamburger was caught in her throat.

However, they soon realized this was not the problem and her mother took her to the hospital in the family car. The hospital staff took an x-ray of her neck which showed a piece of fine wire lying across her esophagus, below the epiglottis. After further tests, it was determined that an operation was necessary.

What had happened was that the wire had pushed through the girl's esophagus in several locations and caused bleeding around it. Fortunately, all turned out well and she was able to leave the hospital

three days later. The cause of the incident was a strand of wire from the wire brush left on the cooking surface of the grill. During grilling it stuck to one of the hamburgers. After she took a bite and swallowed the hamburger, she also swallowed the piece of wire, which was attached to the hamburger.

Key lessons learned from this incident: If you use a wire brush to clean your grill make sure to wipe the grill off with a cloth, paper towel or something else before using it. The best practice is not to use a wire brush for cleaning. Don't transport anyone who is in need of serious medical care yourself. In this case the couple was scolded numerous times by doctors and nurses for transporting their daughter to the hospital by car. Had the wire been lodged above her epiglottis and dislodged, she could have inhaled the wire which could have gone into one of her lungs and caused a potential life-threatening situation. Also, if the wire, while in her throat, had pierced her carotid artery, it would have been an immediately life-threatening situation, without the opportunity for immediate medical attention.

E. J. King to participate in Junior Symposium

Amy Brennan
E. J. King Correspondent

During the week of March 21, approximately 75 students from the Japan District will participate in the Junior Science and Humanities Symposium (JSHS). E. J. King High School representatives will include Leif Bogen, Lara Deguzman, and Clara Martin.

Lara Deguzman will give her oral presentation on *The Antibacterial Activity of Allium Sativum on Staphylococcus Aureus and Escherichia Coli*. Lara was one of only seventeen high school students selected to present from all DoDDS high schools in Japan, Okinawa, Guam, and Korea. All students will be competing to secure a place in the national competition in Washington, D.C., this summer.

The primary aim of the JSHS is to promote student research and experimentation in the sciences; to recognize the significance of research in human affairs; to encourage students' interest in mathematics and engineering and to expose students to opportunities in the academic, industrial and governmental communities.

This event will take place in Tsukuba City, Japan, which is located approximately 30 miles north of Tokyo. Tsukuba City is the "science center" of Japan, which is home to the country's national science foundations and related major universities. The JSHS consists of four components including student research presentations, scientists' presentations, study trips to research facilities and cultural exchanges with international students from the local area.



A Sasebo Elementary student (right) shows a Japanese student from Inotsuki School how to make a craft. (Photo by Beth Martin)

Sasebo Elementary hosts Inotsuki students

It has often been said that children speak an international language - the language of fun. Ms. Scroggins' fourth grade students class at Sasebo Elementary School recently proved that theory correct when they hosted Japanese students from nearby Inotsuki School, who came for a day of intercultural exchange.

Sasebo Elementary students began the day by teaching their counterparts how to play an all-American game of checkers, with the aid of a PowerPoint slide show. After watching the presentation, the Inotsuki students played a high-spirited game against the Sasebo Elementary students. After the checkers game, both groups of students eagerly went outside to the

playground to try their hands at kickball. Cheered on by the Sasebo Elementary students, the Inotsuki School students attempted what was, for many of them, a new experience - and found they actually enjoyed it. Afterwards, the visiting students got a literal taste of Filipino and American culture by trying a variety of foods which had been prepared by helpful parents and students. One Japanese student remarked, "The kickball was the best."

Unfortunately, their time together had to draw to a close, and the Inotsuki students reluctantly returned to their own school, although it is certain that they will remember this day for years to come.

Porcelain, from Pg. 3

"We welcome everyone who is interested to come by and learn about our porcelain."

This invitation is extended to anyone in the area; thanks to the Fort McHenry's Spouses lecture, relations have been strengthened between Gen-emon and members of Fleet Activities Sasebo.

The Fort McHenry Spouses are sponsoring a continued lecture series

on the history of Japanese porcelain. In April Tsuyshi Fukagawa will talk about his family's kiln and role in Japanese porcelain. In May the CEO of the Noritake Corporation is slated to speak.

Guest speaker after these months are still pending.

For more information about future lectures and features, contact Holly Mateikat of the Fort McHenry Spouses Club or Journalist Third Class Sarah Mellen at AFN.

A toll-free number set up by DoD for people who want to contact or provide information to the Department of Defense Task Force on Care for Victims of Sexual Assault.

9 a.m. to 9 p.m. EST, Monday - Friday **(800)-497-6261**

for Care of Sexual Assault Victims

hotline

The Center
Sasebo, Japan

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

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table & four seats



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Outlaws out of time: Showtime hangs on to win 67-62

JOSN Jeff Johnstone
CFAS Public Affairs



A Showtime player (foreground) attempts a reverse layup on an opponent from the Outlaws. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

How could a game that began so lopsided end so close? That was the question on Tuesday, March 15 at the Fleet Gym as the Outlaws played rival Showtime in a battle of the top two teams in the league.

Right from the opening tip off, the craziness began. The Showtime's Elroy Serano tipped the ball right to teammate William Key who layed in the first bucket of the night less than five seconds into the game. Just a

few minutes later, the Outlaws found themselves facing an 11-2 deficit.

Resembling a child lost in a supermarket, the Outlaws were seemingly lost on the court as they dawdled through the first half. Shots wouldn't fall and they couldn't get the calls. The Showtime would lead at the break, 40-27.

The one bright spot for the Outlaws in the first half was Tyson Huff, who accounted for 23 points of the Outlaws first half score.

William Key led the Showtime's first half assault with 21 points, eventually leading the team in scoring for the game with a total of 28.

The Showtime's attack would taper off in the second half, as they switched to a more conservative, ball control type offense, more passing than shooting. This opened things up for the Outlaws, whose out of character first half performance was forgotten as they started a comeback in the second.

Led by Huff's 18 points and Greg Hill's nine points, the Outlaws would outscore the Showtime in the second half, 35-27.

The Showtime made a major mistake with 48 seconds left, as Serano got whistled for a technical foul for hanging onto the rim following a dunk attempt. Tyson Huff went on to sink both shots to cut the lead down to that elusive single-digit margin, nine. Antonio Moore would score from behind the arc on the next series, cutting the lead to six.

With 15 seconds left in the game, Huff scored a steal, then scored a three pointer. That cut the Showtime's lead to three.

At this point, the Outlaws saw the light at the end of the tunnel. In reality, that light was a locomotive in the form of Gerren Alexander. Alexander, who was fouled in order to stop the clock, closed the door on the Outlaws comeback by nailing two free throws in the final ten seconds. Those baskets gave the Showtime a five point advantage with five seconds in regulation.

That ended the longest 60 seconds in the league's recent memory, and the Outlaws comeback attempt.

The Showtime improved their record to 15-5, giving them sole possession of first place.

The Outlaws drop to 14-6, and sit comfortably at second place.



Above: An Outlaws player (center) misses an errant pass as a couple Showtime players bear down on him to apply the pressure. Below: An Outlaws guard (left) attempts to drive past his Showtime opponent. The ballhandler put on a remarkable showing, scoring 41 of his team's 62 points.(Official U.S. Navy Photos by JOSN Jeff Johnstone)



Fitness Tip: Weight training hypertrophy

Alec Culpepper
Fitness and Aquatics Director

How long does it take to see results?

A recent study found that upper-body muscles increase in size more quickly than leg muscles when weight trained at the same relative intensity.

Fifty previously untrained men and women trained three days a week for 12 weeks at 60 percent to 70 percent of their one-repetition maximum, using either one or three sets of eight to 12 reps of six exercises: knee extension, knee flexion, chest press, seated row, elbow extension and elbow flexion.

Significant increases in muscle thickness did not occur until four to six weeks into the training. (Strength gains appeared a bit sooner.)

By the end of the 12 weeks, muscle thickness in the biceps, triceps and chest had increased by a greater percentage than in the hamstrings and quadriceps.

FROM THE BENCH

with hosts
**Shaun Ally,
Dennis Lebling and
Dave Glazier**

Thursday mornings 8 – 9 a.m.

Email your comments to
FromTheBench2002@yahoo.com

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THUNDER RADIO

Upcoming Sports

Open Roster Spring Softball League:
Season Begins: Monday, March 28
Event will be held at Nimitz Park
Team entries due to the Fleet Fitness Center Office by March 23. A \$200 forfeit deposit is required at the time of registration.
Mandatory coaches meeting on Thursday, March 24 at 5:30 p.m. in the Fleet Fitness Center Office.
The league will run from March until the end of July.

April Fools Day 3K Run:
Friday, April 1 at 11:30 a.m. The event will be held at Nimitz Park. Come out and get some exercise. Awards will be given to the top finishers.

Spring Intramural Basketball League:
Season Begins: Monday, April 4
Event held in Fleet Fitness Center
Mandatory coaches meeting on Thursday, March 31 at 5:30p.m. in the Fleet Fitness Center office.
The league will run from April until the end of July.
Entries due: Wednesday, March 30

Tax Day 3K Run
Hario Fitness Center, 10 a.m., Saturday Apr 16
Men, women & youth categories

Winter Basketball Standings

Rank	Wins	Losses
1 Showtime	15	5
2 Outlaws	14	6
3 Wolfpack	4	8
4 Seabees	2	9

Flag Football Top 4 teams

Rank	Wins	Losses
1 Dragons	21	2
2 Hooligans	9	10
3 Guardian	6	5
4 Hitmen	5	13